

HEALTHY COMMUNITIES **TOOL**
Nutrition & Physical Activity **KIT**



COMPLETING AN ACTION PLAN



TOOL KIT

HEALTHY COMMUNITIES

Nutrition & Physical Activity



Lessons learned

Community leaders from the cities of Moses Lake and Mount Vernon and project partner staff involved in the Healthy Communities Project share the valuable lessons they learned developing their action plans. They share their experience with other communities embarking on this challenging and exciting work.

COMPLETING AN ACTION PLAN

- The action plan works when it is based on the community assessment including the community audit and focus group findings.
- The action plan generated a lot of energy for those who are action-focused.
- Discussing and choosing the priority actions in the plan helped people feel that the plan would impact policy and make a difference in the health of the community.
- Our action plan was linked to some of the other successes we've had in our city and the information we collected.
- It was crucial that we had progressive, competent volunteers in our community who made the action plan a reality.
- We have lots of community resources such as service organizations who will step up and take on some of the actions described in the plan.
- The community kick-off event should be a visible way for community members to learn about and comment on the action plan.

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- It is important to share the action plan with the city council with the mayor's support early on. In this way the action plan can be adopted into the city's comprehensive plan.
- The actions selected in the plan need the support of the larger community including city government so the plan doesn't sit on a shelf gathering dust.
- It can be difficult for a community to realize that it can't take on all the priorities. They had to postpone projects that some in the community felt were very important.

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Mount Vernon Healthy Communities Project: An Action Plan to Promote Nutrition and Physical Activity

Comment Card

Please provide your comments about the draft action plan:

Healthy Food in Schools _____

Urban planning to promote physical activity _____

Physical activity opportunities for children

General comments: _____

Get involved:

If you would like to volunteer or sponsor these projects please complete the information below:

Name:

Phone:

Address:

E-mail:

Who else should we contact to be involved:

Name:

Phone:

Thank you!